

Virtual Group Guidelines

- Confidentiality
 - Please attend group from a private space. You may not attend from a moving vehicle and must be in one static place for the entirety of group. No one should be in the room with you. This includes all children.
 - Please keep cameras ON at all times. If you need to run to the restroom or grab a snack please message the moderator and keep your camera on.
 - Taking pictures or screenshots of your screen is prohibited.
 - Zoom backgrounds are prohibited due to confidentiality reasons.
- Boundaries
 - Please do not share any contact information with anyone through the chat, including last names, email addresses and phone numbers.
 - Please limit specificity when sharing and be mindful of the language that is being used as we do not want to trigger or upset anyone.
 - If you fail to comply to these guidelines, you may receive a zoom chat from a Group Therapist instructing you to be mindful of boundaries in the group space
- Non-judgmental stance
 - Please remain non-judgmental and respectful towards all group members. We are all in a different place in our recovery and we want to ensure that this is a safe space for everyone. We will not tolerate insensitive language while in the group space.
 - Remain non-judgmental towards yourself. This is a safe space for you to be vulnerable and we welcome all questions or concerns that may come up during group.
- Attire
 - Please dress for group as if it was an in-person group.
 - We do not allow bathrobes to be worn during group
- Substances
 - Attending group under the influence of alcohol, marijuana, or any other substance is prohibited.
 - We do not allow smoking cigarettes or vaping on camera
 - If you are under the influence of a substance, you will be removed from the group space.
- Technology
 - Please refrain from taking calls, checking emails and responding to text messages during group hours.

- Attendance
 - If you need to miss group for any reason, you can respond to the email with the links or call your Primary Therapist.
 - Failure to respond to attempts by therapists to reach, out may result in therapists calling your emergency contact in order to confirm safety.
- Timeliness
 - Please try to arrive to groups on time and ready to participate. We understand that things come up, but please email group therapists if you plan on being late to the session.
- Repeat Groups
 - You may notice that you get some of our Compass groups more than 1 time. This is intentional, and our hope is that you can participate in those groups, as well as hear from other people and gain a new perspective on the group topic. We want you to engage, even if you have seen it before!
- Out of state attendance
 - You must attend groups from Illinois
 - If you plan to travel at all during your treatment, please reach out to your Primary Therapist prior to traveling to discuss details and requirements

If you have any questions or concerns, please email your Group Therapists or send a message to the moderator.

Failure to comply with these rules will result in removal from the group space